



Outside Activities



Fun Outside Activities for Home

In light of COVID-19 and the need to be at home more, The Arc NCR has put together a list of outside activities for Community Living homes. Exercise is the best way to fight depression and anxiety in these unsure times.

- Go outside and walk in your neighborhood
 - Make it fun, pick a destination, use your phone, fit bit, pedometer and everyone at the house can combine their steps to get to your goal.
 - Make a walk fun. Create your own scavenger hunt or outdoor bingo. Write down colors to find or things you know are outside, such as squirrels, someone on a bike, flower, acorn, etc.
- Work outside in your yard
 - Pick weeds, plant some seeds, clean it up, wash off outside furniture and get ready for summer!
- Play in your backyard
 - Have a cook-out, eat dinner on your deck, or have a picnic on your lawn.
 - Make your own birdfeeder with a pinecone or stale bread, peanut butter and some sunflower seeds. Then pull up a chair and watch the birds.
 - Do outdoor exercising. Yoga, or make stations around the yard for squats, marching, crunches, weights- don't have weights- use cans of food or fill empty jugs with water.
 - Meditate. Sit outside breath in and out slowly, and try to clear your mind, or notice all the things around you.
- Walk the many trails in Harford County
 - Ma & Pa, Jerusalem Mills, Susquehanna. If you haven't seen it yet Bear Adventure park on Tollgate across from Emmorton Elementary has trails and lots of neat things to see.
 - Visit one of the parks. Mariner Point Park, Flying Point Park are great parks to visit.
- Go for a drive. Everything is blooming
 - Go for a drive and look at the trees and flowers. Roll down the windows and get some fresh air.
 - Take a ride through Rock State Park or over the Conowingo Dam.
 - Go to a drive-thru or have a special dinner by ordering delivery. Restaurants are still serving food, through drive through and no touch deliveries. Eating out is a way you can help support local restaurants.
- Have a Dance Party on your deck or in your yard.
 - Exercise doesn't have to be serious or boring. Keep it fun - dancing is great exercise. Bring out a radio or speaker and bust out your favorite moves.
 - Challenge your friends or another house to best moves during a song or lip sync battle. Video yourselves and send it to us at highlights@arcncr.org.